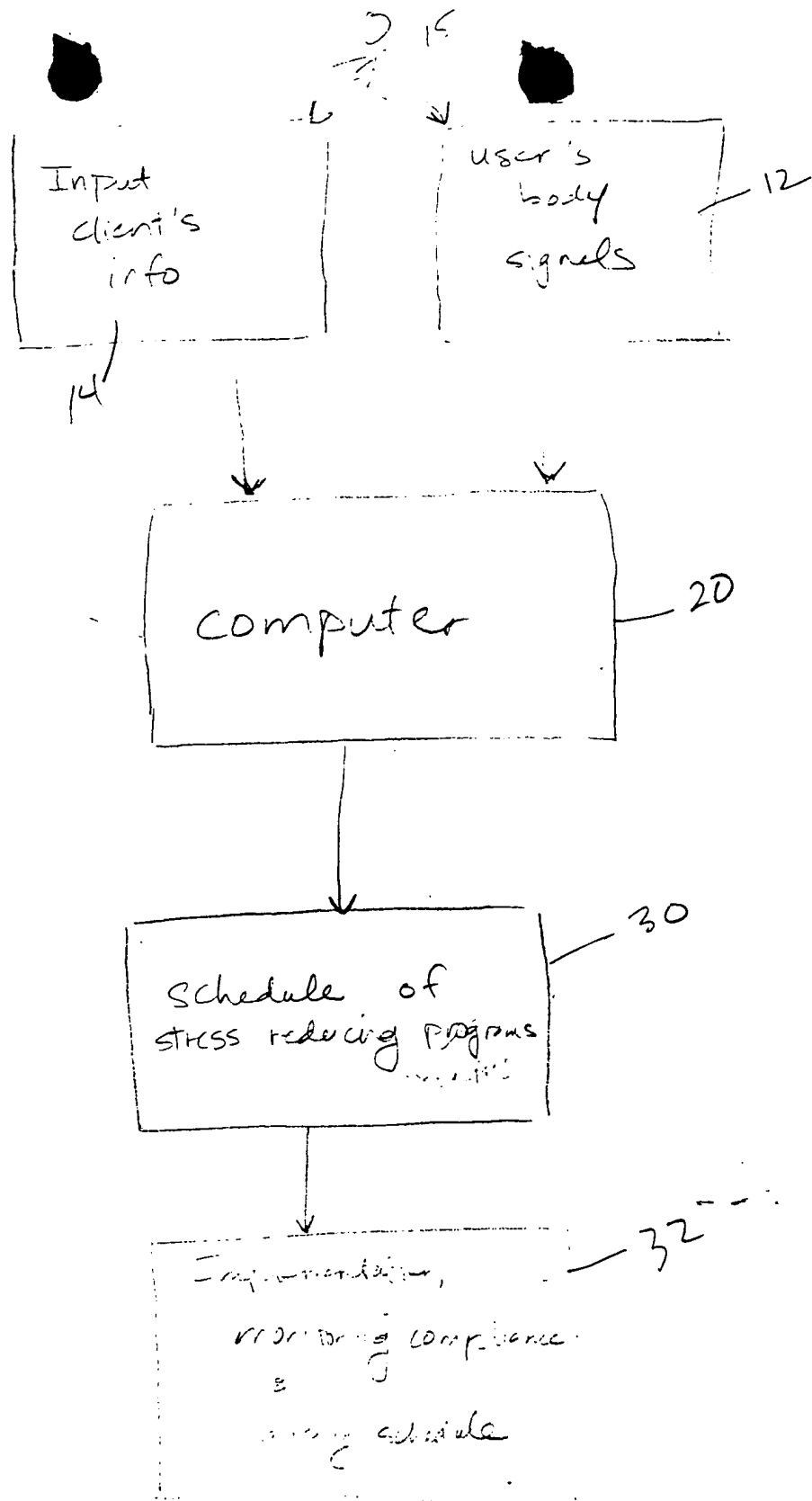


Fig. 1



09746947-122100

Fig. 2

100

Ask user questions
regarding health
and external circumstances

102

Form a schedule
of stress reducing
exercises

104

Record user's body
signals as exercises
are being performed

106

Measure and record
overall stress level

108

Compute and record
a final score for the
session/exercise

110

Record user's
compliance

112

Adjust exercises according
to compliance of the user

114

09746947-122100